



As a school and a PE department, we recognise the importance of embedding the fundamentals of a healthy lifestyle within a student’s life, inspiring students to lead a physically active lifestyle through providing opportunities to positively influence their physical, mental and social health. Students are encouraged to develop their knowledge in a physical, cognitive, affective, social and healthy learning domain. This is achieved via a high-quality provision, providing opportunities to develop understanding of health, fitness and values of physical activity. Each child within the school receives 2 hours of PE a week, you can see the timetable for autumn term below.

	AM	AM	PM
Monday	Nursery	Reception	Year 5
Tuesday			Year 4
Wednesday			Year 2 Swimming
Thursday	Reception		Year 3
Friday	Year 1		Year 6 Resource Base Swimming
